

LONG REVIEW

Healing by David Elliott

David Elliott's newest book, *Healing*, is aptly titled. After I finished reading it, I thought, "This is Truth with a capital T and Healing with a capital H!" Delving deeper into some of the same topics that emerged in his first book, *The Reluctant Healer*, and plunging perceptively into new territory as well, his intention is to help us as readers discover what is holding us back from healing. According to David, "healing is the journey back to our natural balance and harmony that is called love" (14).

The book is divided into five sections that delineate (I) what work is required in order to heal, (II) how to do the work to heal, (III) how to apply the work to the big issues, such as sexual abuse, cancer, relationships, leadership, and money, (IV) the tools David uses in his healing work, and (V) a closing section on the importance of gratitude in healing.

By offering numerous examples from clients and helpful stories from his own life, along with many practical exercises and diagrams as well, David effectively teaches us how we can become aware of our blocks in order to shift from the Love of Power into the Power of Love. His core message comes through like a shining beacon: "self-love is the key to healing" (15). His enthusiasm for this truth is contagious, his focus—hawk-like, and his skill akin to that of an expert surgeon, able and eager to hone in on the core limiting beliefs that keep us from fully developing our own intuition, expressing ourselves joyfully through creativity, and thriving as we fulfill our soul's destiny.

A healer and teacher for many years, his voice in this writing is compassionate and powerful. At one point in the book, I could sense and even see the light David was calling forth for all through his healing words. It felt as though he was holding up and striking a giant tuning fork, saying, "Vibrate with this." And I did. Intensely. It also ought to be noted that David's unique ability to hear intuitively, called "clairaudience," is something that must be experienced to be believed. (Clearly, I share this from personal knowledge!)

Anyone at any stage will benefit from this read, whether just beginning to awaken to a spiritual journey, or having traveled long and far along this path. However, *Healing* is a challenging, thought-provoking work with an important wake-up call to heed. I have no doubt that if enough of us do the spiritual work David encourages each to do, the changes that humanity and our planet so desperately need, will come to pass in time with peace and gentleness. For as David so eloquently states, "The power to heal lies within you" (14).

Reviewed by Monica McDowell, MDiv, a healer, writer, speaker, and minister practicing in Seattle, WA. The author of My Karma Ran Over My Dogma: Lessons Learned by a Whistle-Blowing Minister Turned Mystic, and You are Light: Eight Words Reveal Your Truest Self (O-Books, coming in 2010), she was the first ordained minister in the USA to be granted civil rights in a federal ruling. Contact her at monica@monicamcdowell.com